

Easter Seal Award Goes To Agawam Housing Authority



EASTER SEAL SOCIETY certificate of appreciation for making a new housing project for the elderly in Agawam accessible and usable by the physically disabled and aging is presented to Mr. Robert Watson, chairman of the Agawam Housing Authority, by Harris J. Bond (right) of the Westfield Savings bank and society area treasurer. The award was the first one to be made in Agawam by the society as part of its statewide program to eliminate architectural barriers to the disabled and aging in public-used buildings.

GAS TAX MONEY FOR STADIUM—NO!

The Massachusetts Highway Users Conference will "vigorously oppose" any attempt to use gasoline taxes to help finance a sports stadium.

Milo E. Jordan, chairman of the conference of 46-member organizations ranging from auto clubs to the State Grange, said if and when the plan to use unclaimed turnpike gas tax rebates from the state highway fund reaches the Legislature, "highway users from throughout the Commonwealth will be heard by their legislators, loud and clear."

Jordan declared it's "inconceivable" the courts would approve such a plan in the face of the constitutional amendment "that protects the highway fund from this kind of a raid."

He said the people "now are aware if this deal goes through, it inevitably will lead to another increase in the state gasoline tax. They now realize this money is being used for highways and is not stashed away in the Turnpike Authority's offices waiting to be spent."

Jordan pointed out the constitutional amendment banning use of highway funds for non-highway purposes was approved by the General Court in 1946 by a vote of 220 to 28, and again the following year, by 228 to 5. The question went on the ballot in the 1948 state election.

"The upshot was that 1,329,232 Massachusetts voters favored the amendment and only 274,351 voted against it — almost 5 to 1," declared Jordan.

He said a study by the Massachusetts Post-War Highway Commission showed that before the amendment, the Bay State from 1933 to 1945 diverted more than \$100 million from gas tax revenues to non-highway purposes — "enough to have built 300 miles of modern, four-lane highways," Jordan added.

"This incredible stadium plan would put us right back to those unhappy days," Jordan said. He predicted the stadium promoters "will be thoroughly rebuffed by a majority of our legislators once they have taken a hard look at the scheme to raid the highway fund."

THE

AGAWAM NEWS INC.

Agawam's First Newspaper Serving All The People

Vol. 15 No. 30

Agawam, Mass. - Thursday, August 3, 1967

OVER 10,000 READERS

5¢ per copy - \$1.00 per year

It's Going To Be A Long, Hot Summer---!



V. R. MORENO

My decisions — my editorial thinking in these columns in no way are intended to be punitive or partisan — these thoughts — factual information — research — to seek answers are intended to clarify issues — and establish facts about which the citizens of Agawam — have a right to know — we are an elector and a citizen — and a newspaperman who firmly believes a well informed electorate makes for good government.

Beware the Witch Hunters!!!

This week we are directing some of our discussion toward several people — who have developed a knack for involving themselves with things and situations that do not in any way touch them — they are what we call "witch hunters." They have devoted many, many hours of their time trying to find some fault with the building inspector — it has proven a fruitless effort — because the building inspector is battling a thousand — he has proven he knows his job — and more important, he shows courage and honesty when he makes a decision — he has shown that he will not be influenced in making his decisions — BY ANYONE — !

Witch Hunters Exposed - - - !

It seems the whole Republican party has now joined the "witch hunt" — I am sure the building inspector will welcome the challenge — and take on anyone who wishes to join the "witch hunt" —

There are several witch hunters that must be exposed to the public for what they are — first, a Mr. Paul Fieldstadt, a loud talking individual who says nothing every time he opens his mouth — he has proven himself the biggest bigot in town — (at least in our eyes —) he has been going about town trying to convince people — that they hate apartments — he has spilled much hate against apartment dwellers — he has fomented hate between people with his mouthings — we have quoted him in the past — and we will quote him many times again before long — Second, a Mrs. Audrey Dempsey has called the building inspector's office and announced — "I want you to know I have just appointed myself a committee of one to look after the interest of the people in the Feeding Hills area —" This from a person who does not have the capacity to understand even what her intentions are — she has already caused dissension among many of her neighbors — she even has gone so far as to make decisions for people that only the building inspector can make — Please!!! Do not be misled — she does not know or realize how much trouble she can cause you — !!!

Mrs. Dempsey has also dragged the apartment dwellers through the mire with her alleged knowledge of what the apartment dwellers will turn the town into.

Another Attack by Side Swiper

May we cap this statement with — we have just read the evening paper and see the building inspector has been put on the carpet by a — would-be — town selectman George Reynolds — He has opened his campaign with his usual — play on words — I am sure the building inspector will take the meal out of his mouth and force him to put labels on his charges — this campaign augers to be a beaut — the whole campaign will lean on an apartment hater, Reynolds — against the building inspector — he will try — but will fail — in his attempt to win the office of selectman by using the building inspector for a whipping boy — George — MORENO NEVER DID WHIP EASY — YOU HAD BETTER GIRD FOR A ROUGH BATTLE —

NOTE: We know why some Republicans in town want to defeat — or knock out the building inspector — the reason is that Valentine R. Moreno, the present building inspector and administrator of the zoning bylaws — over the years — has shown up many of the GOP's for what they really were — the Town of Agawam has finally come into its own — with progress — lower taxes — town services brought up-to-date — and sound administration — Mr. Moreno played a major role in advancing these goals — THEREBY SHOWING UP THE 100 YEARS OF REPUBLICAN MIS-RULE IN AGAWAM — He stood firm in his demands, popular or otherwise, for good government in Agawam — over the years — and won!!! — AND WILL CONTINUE TO WIN!

Let's Review

Mr. Connelly, I have caused the three items appearing in the Springfield Daily News to be reprinted — my reasons are simple — they are numbered in the order they were published — read them — digest them — I will answer them very simply.

I again ask that you — Reynolds and Connelly — to label your charges against the Building Inspector — Simply stating "arrogance" and "tactics" doesn't make the inspector guilty of anything — Name what has been done wrong — I dare you — Mr. Connelly, why don't you do it this way — WHY DID YOU, MR. CONNELLY, WITHHOLD INFORMATION WHICH YOU HAD FROM THE PUBLIC at the meeting at THE JR. HIGH WHEN THE RESIDENTS FROM AUTUMN STREET AREA WERE THERE. YOU KNEW the town council had already rendered a decision that Autumn St. was a public way and nothing could change that — yet you stood up and left those people with the impression that the street could be closed — this is what I accuse you of — duplicity — deny it. While you and your "tool" try to answer this one, I will have more for you to answer —

Please note — in first item by Reynolds, he charges the selectmen as "Charest, the puppet — Nardi pulls the strings for personal gain" and you Connelly "sit helplessly by waiting for the show to end and the taxpayers play second fiddle during the show." — Mr. Reynolds, you have made charges — Connelly has used you — then tried to back you up — again, NAME THE CHARGES — Name them.

(Continued on page 3)

Improved Treatment and Care Offered Veterans by VA

Improved treatment and modern techniques for the care of psychiatric patients has allowed the Veterans Administration to extend care to nearly 800 additional veterans a year in four neuropsychiatric hospitals located in New England without an increase in hospital beds. Administrator of Veterans Affairs William J. Driver said that 20 percent more patients can now be treated each year in the Brockton, Bedford, Northampton, Mass. and Togus, Maine VA hospitals over the capacity of these VA hospitals five years ago.

Increased patient turnover, Driver said, allowed VA nationally to treat 149,000 psychiatric patients in fiscal year 1967 — an increase of 11,000 over the previous 12 months and about 25,000 more than the number treated in 1963.

With the help of tranquilizing drugs, psychic energizers, new programs, and improved treatment techniques, patients are being returned to the community in a much shorter time, making beds available for new patients.

With the goal of returning each patient to his community as an independent, self-supporting citizen, VA has established five restoration centers where patients are prepared for early return to their homes in a 40-day treatment program. Outpatient care is extended to some patients who live near VA hospitals and still others work in the community and return to the hospital at night.

Some groups of psychiatric patients begin their return to community life in "halfway houses" where they start a productive, effective pattern of living while they can still receive readily the care and supervision they might need. Discharged patients, with no home of their own, are frequently placed in approved foster homes where they receive needed family attention and supervision.

Almost 10,000 psychiatric patients earned more than \$1.85 million during the past year in "monetary incentive programs" through which they worked in communities near their hospitals.

Water Restrictions Modified

The partial water restriction, in effect April 6, 1967, has been modified as follows:

Watering of lawns, gardens and shrubs is limited to alternate days, 24 hours per day. The odd numbered side of the street can water on the odd calendar day and the even numbered side of the street can water on the even numbered calendar day.

Progress consists largely of learning to apply laws and truths that have always existed.

Every right implies a responsibility; every opportunity an obligation; every possession a duty.

Miss High School Deadline Soon

Deadline for entries in the Miss High School of New England pageant is August 11, according to announcement today by Virginia Austin, regional pageant director.

The colorful pageant will be staged on Saturday and Sunday, Wakefield, when high school queens from each New England state will be selected and compete for the New England crown.

Girls will be judged on talent, beauty, poise, speech, scholastic standing and extra curricular activities.

Competition is open to high school girls from 13 to 17 years old who are in ninth through twelfth grade.

Girls who wish to enter must have a 5 x 7 photo of themselves. Applications and further details may be obtained by writing Miss High School of 1967 Pageant, Regional Director, 56 Almont Street, Medford, Mass. 02155.

ALA URGES THUMBS DOWN ON HITCHHIKERS

BOSTON — Picking up hitchhikers is like playing Russian roulette because "the one you pick up could be your last," the Automobile Legal Association today warned motorists.

"Although the majority of hitchhikers may be honest, the motorist runs the risk of picking up a robber, a dope addict, an escaped mental patient, a fugitive from the law, or some other dangerous person," the ALA said.

"Every year, particularly during the summer months, drivers are robbed, beaten, thrown from their car and even murdered by some innocent-looking hitchhiker to whom they offered a ride.

"While the odds are against something like this happening, the one you pick up could be the one bullet in the chamber," the ALA said.

Garden Club Tour Tuesday

The Agawam Garden Club will tour town gardens Tuesday, August 8th. Members should meet at the parking lot of the Agawam Congregational Church at 6:30. Transportation will be arranged from that point.

The first garden on the tour will be that of Mrs. Alfred Seuss, 938 Main Street, followed by visits to the gardens of Mr. and Mrs. Frank Hess, 264 Elm Street; Mr. and Mrs. Willard E. Waterbury, 26 Edward Street, and concluding at the home of Mr. and Mrs. Walter Lawrenchuk, 47 Edward Street, where refreshments will be served. It will be helpful if members bring folding lawn chairs. Guests are always welcome. The tour will be held, rain or shine.

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THE AGAWAM NEWS, INC.

Published Every Thursday

Box 128, Agawam, Mass. 01001

Elizabeth LeDuc, Owner

Founded April 9, 1953 by Robert R. DeForge and entered at the Post Office at Agawam, Mass., April 29, 1953 as Second Class Matter under the act of March 3, 1879.



National Advertising Representative
AMERICAN NEWSPAPER REPRESENTATIVES INC.

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FOR ADVERTISING CALL - 732-1495

IT IS AND IT ISN'T

by Florence Moreno

As of August 1st, air pollution control laws went into effect for the lower Pioneer Valley district, but anyone, having read the Springfield newspaper account last Thursday night, would have been hard put to know what went into effect, if anything; to wit — the title "New Air Pollution Regulations not to be met yet." Translation: "We have new laws, but they are not going to be enforced." The rest of the article makes as much sense. When I checked with Mr. Joyce, because I couldn't believe my eyes, he was having a mild fit. Evidently, the alleged reporter had his own ideas on journalistic license. The plain fact is outdoor burning, other than cooking, is now prohibited and complaints will be acted upon. Obviously, we don't live in a police state and in order for a violator to be apprehended all complaints must be in writing, signed (signer's identity will not be revealed), and sent to the Lower Pioneer Valley Air Pollution Control District, 1414 State Street, Springfield, Mass. 01109.

ORGANIC GARDENING SOLVES MANY PROBLEMS

The organic gardener is a conservationist. He gives back to the earth, in humus, or other ways, what he took in vegetables, flowers and grass. You pay a high price for humus, by the pound, in the store. By making your own you eliminate the garbage disposal problem and improve the quality of your soil. So many of us have soil, which is either impene-trable clay or sandy and dry. Humus is the answer to both and by making your own you can control the nutritive elements according to what you put into your compost. Organic humus is rich in carbon dioxide, vital to plant life, while commercial chemical fertilizers retard its formation. The leaves and roots of castor beans add high yields of phosphorus and potassium when added to compost and banana peels are not only good for smoking, but are very beneficial to the soil.

Once Unemployed Workers Now Big Wage Earners

Governor John A. Volpe announced today that 11,840 Massa-

chusetts unemployed workers trained for jobs by the Man-power Development and Training Program are earning a whopping \$55 million a year.

A vast majority of these wage earners now making such a big contribution to the Commonwealth's economy had been receiving unemployment checks.

As a result of their joining the labor market on a year round basis the state is saving \$5 million a year in unemployment funds.

They come from the ranks of the school dropouts, under-skilled, and college graduates, including Harvard, whose voca-

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Housepainting Hints

Summer signals the time to make your annual house inspection tour! "To paint or not to paint" — if that is your question, use the following as a guide: if the paint is blistered, heavily chalked, or peeling, or if the wood grain is showing through, you'll want to give your house new life with paint!

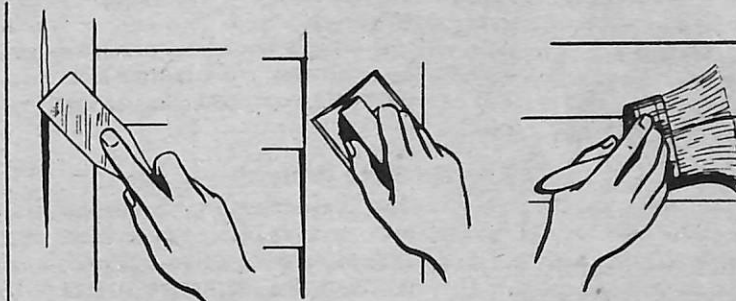
You can paint your house like a professional — all it takes is careful attention to detail. The following hints will help you do a top-notch job!

Begin by taking stock of the tools in your workroom. You'll want to use quality brushes for best results, and you'll need three sizes — a 3½ or 4 inch brush to

thoroughly! Be sure to let the surface dry completely if you plan to use an oil-based paint.

Now a word about the paint. Be sure to prepare the paint according to the manufacturer's directions! Quality should be your watchword, and you will get it by buying paint from your local, reputable paint dealer. Remember — if you plan to use latex paint, and the surface to be painted is chalky, you may need to use a special primer first! Here's another hint — be sure to prime all metal with a rust resistant primer before painting.

When using any kind of paint, dip the brush into the paint about one-third of the length of the

To prepare surfaces for painting:**Fill all cracks smooth and clean.**

help you cover large areas; a 2½ inch brush for trim, and a 1 or 1½ inch oval brush for painting window sashes and mouldings.

Moisture — the main enemy of paint — should be prevented so that your paint job will be long-lasting. Prevent moisture — inside and outside — by caulking where necessary, by filling in cracks, by cleaning eaves and downspouts and by installing louvers in bathrooms and laundryrooms to let moisture escape to the outside.

Keep in mind that the better the surface preparation, the better the paint job will be. New paint will never adhere well over a blistering, peeling, or dirty surface. Take your wire brush and scraper in hand and remove all peeling paint. Sand the area smooth, feathering into the edges of the sound paint. If the surface is in fairly good shape, simply dust it before painting. On the other hand, if it is quite dirty, you should wash it with a synthetic detergent and water and rinse

bristles, and tap off excess paint on the inside of the can. Begin painting at a high point of the house, and work down. On siding, begin at a corner or under eaves, and paint the under edge first.

Paint with the grain of the wood, using long arm strokes, and end each stroke with a lifting motion. Work across as much as possible, to avoid lap marks in the paint. First apply paint to an unpainted area and then work into the wet edge of the previously painted section. After covering an area, go over it with light, quick strokes to smooth out imperfections. If you use more than one coat of paint, allow each coat to dry for the amount of time specified on the label.

Wait until a warm (above 50°F.) dry day to paint — and if you are using an oil base paint, make sure the siding is completely dry before you begin!

With care and common sense, you can paint a finish for your home that will be attractive and practical for years to come!

tions didn't keep pace with industrial development.

One retrained Harvard graduate was hired as a counselor by the Department of Employment Security.

Seventeen hundred welfare recipients have been trained for permanent job employment and are taking home weekly paychecks, thus saving the Commonwealth another \$122 million annually.

The average graduate is earning \$90 a week. Some are making over \$200. Governor Volpe said that percentage-wise the Massachusetts Division of Employment Security which operates MDTA for the federal government has trained more candidates than any other of the nine large industrial states.

"Our state employment security office has done an unusually fine job in reaching large numbers of unskilled and under-educated for this program. The success shown here demonstrates the results that can be achieved by able handling of meritorious federal programs at the state level."

Students are prepared for employment by two methods — classroom and on the job training. Costs for classroom prep-

aration runs about \$2,000 each. On the job training costs about \$800, according to J. William Belanger, Director, Employment Security.

Average training takes about 30 weeks. Many employer-trainers have become so pleased with the progress of many trainees that they put them on regular payroll jobs before their classes "graduate."

In one instance a large Worcester manufacturer hired the entire class — twenty-five — before the full training period was completed.

No pictures will be returned unless accompanied by stamped, self-addressed envelope.

Who are some of these successful trainees? Herman L. is a 43-year-old East Boston father of 10 children. He had drifted from job to job since World War II and was supported by welfare. Referred to MDTA by the welfare department, he enrolled in a basic education course to overcome deficiencies resulting from only six years of school. After this he was trained to be a machine operator. Since his employment he has a perfect attendance record and, according to his employer, is a "dedicated worker with a good future." He is now making \$100 a week. The welfare department still contributes \$10 a week to his family's support. Whereas, it had been contributing \$110 a week before his training. "I feel like the real head of a family now," he answered on a questionnaire regarding his employment status.

George T. is a 22-year-old Jamaica Plain youth. He had very limited school education, was discouraged and was available for only part-time jobs. An MDTA counselor learned through an interview he liked to sew, but was very reluctant to admit it. He was persuaded to enter an all-girl sewing class. It became obvious he was pretty talented with the needle. He was moved up to tailor trainee. He was hired by a large clothier and is on his way in a fine paying profession. He is so confident of the future that he is marrying next month.

More than half the trainees have less than 12 years of school. Half are heads of families. Ages range from 17 to the low 60's.

Since the inception of MDTA — the Granddaddy of all War-on-Poverty programs, back in 1963, approximately 17,415 have been enrolled in Massachusetts. Of these 11,840 are employed graduates. Fifty-six hundred went to work before completing their specialized training, some dropped from the labor market by marriage or other reasons, others entered the military service.

Approximately 2600 are always in the process of training. Seventy schools throughout the state are involved in the classroom instructions. There are actually 100 courses to choose from including hair styling, upholstering, floral design, dental technician, radiologic technician, barber, automobile repair.

More than 100 companies are engaged in on-the-job training. One firm has trained and hired more than 500. On-the-job trainees are paid varying sums depending on whether they are married or single and the number of dependents. In more than four years of operating in Massachusetts MDTA has cost Uncle Sam some \$17.5 million. Obviously a very good investment.

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(Continued from page 1)

REYNOLDS ANNOUNCES FOR SELECTMAN POST

George L. Reynolds today announced his candidacy for the Republican nomination for selectman in the fall election. He issued a brief announcement, critical of the present administration and promised, if elected, the removal of the present building inspector, Valentine R. Moreno.

"I believe that my educational background, received at the Agawam High School and Amherst College, in government and economics, qualifies me for this position. My service to the Town of Agawam for many years has given me the well rounded experiences necessary to understand the job to be done.

"I am a candidate because, for the many years in which I have been a part of the local government, I have never been so ashamed of the inefficiency and undemocratic procedures practiced by our present administration. Frankly, it resembles a puppet show in which one acts as the puppet, a second pulls the strings for selfish gains, and the third sits helplessly by, waiting for the show to end. You, the taxpayer, play second fiddle during the show.

"I am deeply concerned with the actions of many departments, but most especially that of the office of building inspector. Our administration has appointed to this office perhaps one of the most controversial personalities in our community. They have allowed him to be engaged in questionable 'conflict of interest' activities; they have allowed him to openly criticize their very prerogatives, as well as other members of our town government, to say nothing of allowing him to act as part-time town counsel. If I am elected, I promise this sort of destructive criticism will end and you will enjoy the services of a new building inspector.

"Only a few seem to resent this sort of treatment and only when they are directly affected. It seems like so much wasted effort to allow this type of government to continue. Really, you fine people of Agawam deserve a far better deal than you have been getting. I am ready and willing to get it for you."

Reynolds concludes his announcement with the request that citizens write him their suggestions and to feel free to call for any service he may be able to give them.

MORENO TAGS ACCUSER WITCH HUNTERS' TOOL

Valentine R. Moreno, town building inspector, today issued an answer to the statement of George L. Reynolds in announcing his candidacy for the Republican nomination for election to the Board of Selectmen.

Moreno charges Reynolds with "being a tool of the witch hunters of the Town of Agawam." Moreno's statement, in part, follows:

"It is nice to know that Reynolds is a candidate for the office of selectman and that he chooses to use me as his whipping boy.

"He has decided suddenly that the Town Hall is a den of 'inefficiency and undemocratic procedures.' I ask Reynolds, 'How would you know what is going on in the Town Hall? When and how did you find out what is going on at Town Hall?'

"I know you haven't even been near the Town Hall in years. I have a fine attendance at Town Hall. My attendance at all town government functions is perfect. I have never seen you there. You have never requested information of my office at any time since I have been there.

"Where have you been? Where did you get your information from to make such serious false charges against the building inspector and the Board of Selectmen.

"Mr. Reynolds, I charge you with being a tool of the witch hunters of the Town of Agawam. I charge you with being the tool of the leader of the 'witch hunters,' Selectman Edward Connelly.

"I charge you with this because Connelly himself has told me personally that he will keep witch hunting till he finds grounds to fire me from the job as building inspector.

"You charge me with being controversial. I answer that by stating that my decisions have always been made based on the law, without fear nor favor, popular or not. For this I have become controversial. I have faced crowds and stood alone without support from your leader or Town Council. My decisions have proved sound, fair and proper. Can you, or your witch hunting leader, prove otherwise?

"Since you have made certain charges against me and you say you will fire me if elected, be at Town Hall, Selectmen's Office, at 8 to-night. I will be on hand to hear you make your charges and prove them. If you are not there, I then must conclude you are nothing more than another 'witch hunter,' a tool of Connelly's."

CONNELLY TO FIGHT INSPECTOR'S TACTICS

"I will continue to fight the arrogant enforcement of the town's by-laws," Selectman Edward W. Connelly said today in answer to charges levelled by Valentine R. Moreno, town building inspector.

Connelly continued, "I was not totally surprised to read the building inspector's answer to the statement of George L. Reynolds' announcement of candidacy for Board of Selectmen. Recently, under the guise of 'guest columnist,' the building inspector has written columns of invectives in a local paper, whereby the last town meeting was, in his opinion, 'a rotten mess,' shrouded in rudeness - ignorance - irresponsibility.

"Obviously, the town meeting, in its wisdom, decided against articles supported by the building inspector. Selectman Fred Nardi was, the building inspector would have us believe, unimaginative in proposing an article not in accord with the building inspector's opinion.

"An interested citizen and town meeting member, Paul Fieldstad, in the opinion of the building inspector, should be 'drawn in effigy as a Judas goat' for having the audacity to disagree with the building inspector's personal interpretation of zoning by-law change procedures.

"If an elected town official, the capacity in which I serve, seeks to uphold his sworn duty to insure the safety, health and welfare of the citizens of this town by questioning the tactics and motivations and self-styled interpretation of the law by the building inspector, then should he be denounced as a witch hunter?

"If such questions arise as a result of information and interpretation provided by a member of the Massachusetts Bar, namely the Agawam Town Counsel, must the office of selectman be subjected to witch hunter because the building inspector refuses to accept such legal counsel?

"Lastly, it is pathetic to read that Reynolds will be conclusively 'nothing more than another witch hunter,' a tool of Connelly's' if he, Reynolds, did not show at the selectman's office to make charges and prove them. The selectman's agenda had the meeting set for 8 p.m. last night and it had to do with a violation of the zoning bylaws regarding removal of loam in a sub-division, sanctioned by the building inspector in defiance of a ruling by the town council and the meeting also en-

compassed a deliberate refusal of the building inspector to carry out an order of the full Board of Selectmen.

"Today he is still the building inspector and I will continue to oppose his arrogant enforcement of the zoning bylaws according to his personal interpretation, 'witch hunter' or not, as the case may be."

WRITERS' SEMINAR SAT., AUG. 19 AT CHICOPEE

JOSEPH ENGLISH, playwright, drama and literary critic, will lecture on Writing of Plays at the Western Mass. Writers' Guild seminar on Saturday, August 19, at the College of Our Lady of the Elms, 291 Springfield Street, Chicopee, Mass.

A resident of Springfield, Joseph English was educated at Cathedral High School and Holy Cross College. He has studied poetry with the American Poet Louise Bogan at New York University. He is a writer-in-residence with the Western Mass. Chapter of ANTA at Springfield College.

His plays have been produced by a number of Western Mass. theatre groups, including ANTA, the Faith Church Players, Theatre-on-the-Green (Longmeadow), and the Chalkliners. In 1965, The Exterminator, a one-act play, won two major awards (best actress and creative achievement) at the Berkshire Drama Festival in Pittsfield. A Flight of Negroes had three productions in 1966, by ANTA, the Berkshire Drama Festival, and a local church group. Last November, The Gifted Child and The Exterminator were produced. His poetry has been published in Commonwealth and other magazines.

Other seminar lecturers will be Professor Melvin G. Williams of American International College (Journalism), Professor Philip Shepardson of Westfield State College (Television Script Writing), and Thyra Ferre Bjorn, local novelist (Creative Writing).

Applications for this seminar may be obtained by writing to the President, Mrs. Mary J. Grimes, 36 Maplewood St., Longmeadow, Mass. 01106

Golden Eagle Contributes To Mass. Outdoor Recreation

The Golden Eagle, a symbol that represents the nation's expanding conservation efforts, is helping to provide the people of Massachusetts with many new opportunities to enjoy the outdoors.

A total of \$255,876 has been invested in new recreation lands and facilities in Massachusetts through the Land and Water Conservation Fund's Federal-State cost-sharing matching grant program, the Northeast Region of the U.S. Department of the Interior's Bureau of Outdoor Recreation announced today.

The figure represents equal amounts of federal and state funds

set aside for 15 outdoor recreation projects in the Bay State from the beginning of the fund on January 1, 1965 to June 30, 1967.

The Bureau of Outdoor Recreation estimated the new lands and facilities will provide three water based sports areas, three trails and two picnicking areas.

Individuals throughout the country have contributed to making these new recreation opportunities available in Massachusetts through their purchases of \$7 annual Golden Eagle passports to federal recreation areas.

Newly acquired lands in Massachusetts include 2889 acres of natural wilderness by the Town of Mount Washington in the southwest corner of the state. The acquisition will be developed for hiking, fishing, hunting, mountain climbing, and nature study.

Now in the process of development are an access ramp and related facilities for trailered boats and a parking area for cars and boat trailers in Salem's Kernwood Park. The area will provide boaters access to the Danvers River and Atlantic Ocean.



Cat and Kitten Safety

Cats, as everyone knows, are well able to look after themselves. However, there are a few simple things you can do to ensure the safety and wellbeing of your pet. The Purina Cat Care Center suggests that you:

Flatten all tin cans and dispose of empty jars, or be sure to keep your pet away from them.

Keep all paint and varnish cans firmly shut.

Read the labels of rodent or roach poisons before using. Many are highly toxic to domestic pets.

Consult your veterinarian before dosing your pet with any patent medicine.

Screen all windows. Cats are surefooted but they may misjudge a jump. Don't take a chance.

Ribbons on the neck can be dangerous as they are easily caught and pulled tight. If your pet wears a collar outdoors for identification purposes, be sure it is large enough to slip over the head if necessary.

Be careful of open drawers, trunks and closets. Cats like warm, dark spots and are often unwittingly imprisoned.

The grand essentials to happiness in this life are something to do, something to love, and something to hope for.

— Joseph Addison

Fault is the easiest thing to find, yet too many people keep on looking for it.

SWEET CORN

Maize, or corn as we call it here in America, originated in the Andes Mountains of Peru. Indians carried it with them to many parts of the continent. The first settlers in New England found the Indians growing it. Strangely enough, the Indians were not fond of fresh sweet corn, and the settlers did not begin using it fresh from the cob until about 1800. Now, fresh sweet corn is a traditional summer favorite with New Englanders.

Look for ears that have cobs well filled with bright, plump, milky kernels that are just firm enough to offer slight resistance to pressure. The husk should be bright green and snug. Use the corn immediately or refrigerate it in the husks or in a moisture-proof container or wrapping. At summer temperatures, sweet corn may lose 50 percent of its sugar in 24 hours. The sooner the corn is used after picking, the more juicy and tender it will be.

CORN SOUP

2 cloves of garlic
1 onion, sliced thin
1/2 can shrimp, sliced
4 cans shrimp stock
1 cup chopped young corn
Salt to taste
Dash of pepper
1 cup pepper leaves (optional)
Saute garlic and onion; add shrimp. Add shrimp stock and boil. Add chopped corn and simmer until corn is tender. Season with salt and pepper. Add green pepper leaves 3 minutes before removing from fire. Serve hot.

SCALLOPED CORN AND OYSTERS

4 cups whole kernel corn
1 cup cove oysters
1 small jar pimientos
8 med. soda crackers, crumbled
4 tablespoons butter
Salt and pepper
1/4 cup light cream
Drain corn and oysters. Place a layer of corn and a layer of oysters in a casserole. Cover with pimientos and one-half the crumbled crackers. Top with 2 tablespoons of butter. Repeat the process, adding salt and pepper to taste. Cover with cream and top with remaining butter. Bake in a moderate oven for 1 hour. Serves 8.

CORN RELISH

1/4 cup sugar
1/2 cup vinegar
1/2 teaspoon salt
1/4 teaspoon Tabasco
1/2 teaspoon celery seed
1/4 teaspoon mustard seed
2 cups whole kernel corn
2 tbs. chopped green pepper
1 tablespoon chopped pimento
1 tablespoon minced onion
Combine first six ingredients in sauce pan and boil for 2 minutes. Remove from heat. Combine with remaining ingredients. Chill. Flavor improves as it stands. Makes 1-2/3 cups.

A court has ruled there must be chicken in what is offered the public as chicken soup. It is wondered how it would rule on cottage cheese.

Money has one feature That will not upset your bearing. The color never clashes With the outfit that you're wearing.

— F.G. Kernan.

Too many teen-agers think they know things that it takes 30 or 40 years to learn.

Even an optimist has a difficult time making the best of it when he gets the worst of it.

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American Legion Auxiliary

By MRS. GLADYS CATCHPAUGH

Show Your Colors

Americanism is one of my favorite programs of the American Legion Auxiliary. Since when did it start being "corny" or unpopular to openly LOVE one's country? To be a "Flag Waver?" To try in every way to be a good citizen — to deserve the freedoms and advantages so dearly bought for us — even if it means inconvenience or criticism. That is why I have been willing to work for so many years continuously for our Girls' State program, in an effort to instill love of America and good citizenship in the hearts of our young women.

Edith A. Davis, a member of the National Americanism Committee, expresses it this way —

"Although the month of February is devoted to Americanism on the American Legion Auxiliary calendar, we should think, talk and live Americanism every day of every month, because never before has our American way of life been so challenged — so endangered.

"Do you realize what it means to be an American? Do you realize the privileges of living in America? Have you forgotten your duties to God and Country? Or are you living in this freedom loving country with complacency; with no thankfulness that it is indeed a hard won, God-given right to be a privileged citizen of this country? Look at our country! Look at yourself! Think, and be grateful.

"America remains the inspiration of the freedom seeking world. Freedom to worship, to speak, to work and save, freedom to live in pursuit of happiness. These are the attributes which originated a system that has given more abundantly of worldly goods to its people than history has ever recorded.

"However, laxity can destroy us — it is the duty of every citizen to be well informed. Alertness on our part can avoid the undermining of democracy from within.

"Every community has young people in it who need help and guidance in their endeavor to become good citizens. Let's have the American Legion Auxiliary the guiding light. Our flag is the emblem of a free nation, hard fought for, bravely achieved, proudly defended. We must instill in our youngsters respect and appreciation for our flag, and its great significance. "Show Your True Colors" with every Auxiliary member owning and displaying the American flag.

"The factor which made America an inspiration to the rest of the world grew out of our Declaration of Independence, the Constitution of the United States, and the spiritual values which the founders of our Republic recognized and by which they were guided.

"We have thrown the gauntlet — our American way of life is being challenged. What are YOU going to do about it?"

Notes

I talked with Belle Russell today. Her voice sounded as if she were on top of the world. Before I hung up, I found the reason. She is entertaining her daughter, Edna, for a couple of weeks. Have fun, Belle.

May these vacation days — hot, damp and miserable as they may be — or bright, clear and shiny as we hope they will be soon — be happy, fun filled days for all of you, and may you all come back to a busy, worthwhile season of Auxiliary work in September. See you then?

Fitness Is Fun

Warren Guild, M.D. and
Roe Wells, M.D.
Sen. Asso. in Medicine
Peter Bent Brigham Hospital

The sedentary American male whose daily exercise sometimes consists of little more than walking from one part of the house to another, of turning the ignition key on his car and pushing the "up" button on the elevator has been the subject of many cartoons in recent years. However, this profile describes far too large a segment of our popula-

tion to be a laughing matter. In addition to missing the basic pleasure of meaningful physical activity, the physically inactive man seldom lives as long as his physically active peer. The active man appears to be more resistant to heart attack, stroke and other illnesses, and also he recovers more quickly if trouble does occur.

Once a person who is "out of condition," decides to do something about it, there are several specific steps to be taken: First, it is important to discover what is the degree of the physical "shape" he is in. A complete physical examination to evaluate qualifications and limitations is in order. Perhaps some specific problem will be found which can be corrected; perhaps his physician will outline a specific and graduated exercise program.

Second, the kind of activity or sport to be undertaken must be decided. Generally speaking, in order to achieve its purpose, it should be pleasurable and should be able to be enjoyed regularly without need for costly equipment of special conditions. It should be also one in which stamina and



Three Agawam lads won awards for their outstanding musicianship at the 66th National Convention of the American Guild of Music held in Cleveland, Ohio, July 16 - 22.

Norman Avondo of King Street, David Perrusse of Adams Street and Joseph Dynia of Springfield Street teamed up in duet and ensemble divisions, winning first place for their musical performances, in addition to winning ribbons and trophies for their solos on accordion and Cordovox.

The trio are members of the AccordionMart Youth Band, which will present a series of outdoor concerts on Sunday, August 6th at 3 p.m. The band will present their third annual concert at the West Springfield Performing Arts Pavilion sponsored by the Rotary and Parks and Recreation Departments of that town. On Monday evening, August 7th at 8:30 p.m. the Youth Group will perform, directed by Mrs. Jayne Slate, a repeat concert at Hampton Beach, New Hampshire by invitation of the Hampton Chamber of Commerce.

On August 26th and 27th the Music Makers play at Expo '67, Montreal, by invitation of the United States Commission of Special Events. In September, it is back to Eastern States Exposition for the Massachusetts Commission on Fairs. The band will travel by chartered bus, accompanied by their parents and teachers.

endurance may be built up gradually. For the man with a busy schedule, it is important that the activity be one that can be conveniently arranged not less than three times a week and preferably should be made part of a regular routine. It should be either a year-round activity or, if seasonal, should be alternated with something equally beneficial for the other seasons. Suitable clothing, comfortable and well fitting, is also essential.

The all around best exercise is running. It requires no special equipment and can be done anywhere and at any time. It can be graduated from 50 yards at first to one or two miles at the ultimate. The sensation of well being will amaze the sedentary person. But it is critical to be faithful to a regular schedule and once the program is interrupted the gradual work up must be redone. Bicycling, swimming, and tennis all fall in the same category and generally can be carried out year round. The doctor usually will describe the details of a program to anyone interested. A hidden dividend is the weight reduction for those who are too well padded.

Unfortunately, walking, golf, fishing, horseback riding and shooting do not have the quality of extending the physical reserve beyond that of the daily routines. Even stair climbing is better than any of these. They are fun, they are better than sitting still, but they do not improve the physical reserve or develop a sense of conditioning. The best criterion of "shaping up" is to ascertain whether it causes one to be "winded" and perspire. If yes to either one, then it is likely some conditioning is occurring.

Finally, it is gradually being developed that certain types of heart disease, especially the mild heart attack patients, seem to do better with some exercise than none.

For further information . . . write or call your local chapter of the Massachusetts Heart Association for the booklet "Physical Activity and Your Heart."

One of the tempering influences in resisting temptation is that it may never come again.

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Legal Notices

COMMONWEALTH OF MASSACHUSETTS

Hampden ss Probate Court
To all persons interested in the estate of INEZ JULIA SNOW late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by RALPH P. WALSH of Longmeadow in the County of Hampden praying that he or some other suitable person be appointed administrator with the Will annexed of said estate.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the twenty-ninth day of September 1967, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this nineteenth day of July 1967.

JOHN J. LYONS, Register
Aug. 3, 1967

COMMONWEALTH OF MASSACHUSETTS

Hampden ss Probate Court
To all persons interested in the estate of GEORGE KERR of Agawam, in said County, a person under conservatorship.

The conservator of the property of said GEORGE KERR has presented to said Court its fifth account for allowance.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the fifth day of September 1967, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twenty-seventh day of July 1967.

JOHN J. LYONS, Register
Aug. 3, 1967

COMMONWEALTH OF MASSACHUSETTS

Hampden ss Probate Court
To ERNEST THOMAS DAMATO of Bayside, Long Island, in the State of New York.

A libel has been presented to said Court by your wife, RUTH HELEN PATNODE PRIOR DAMATO of Agawam, in the County of Hampden, praying that a divorce from the bond of matrimony between herself and you be decreed for the cause of cruel and abusive treatment and praying for alimony—and for custody of and allowance for minor child.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, within twenty-one days from the fifth day of September 1967, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twenty-eighth day of July 1967.

JOHN J. LYONS, Register
Aug. 3, 1967

COMMONWEALTH OF MASSACHUSETTS

Hampden ss Probate Court
To all persons interested in the estate of ADOLPH MORACZEWSKI otherwise ADOLPH M. MORACZEWSKI late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last WILL of said deceased by MYRON MORACZEWSKI of said Agawam, and MIECZSLAW MORACZEWSKI of Westfield in the County of Hampden, praying that they be appointed executors thereof without giving a surety on their bonds.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the fifteenth day of August 1967, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this seventh day of July 1967.

JOHN J. LYONS, Register
July 20, 27, August 3

Legal Notices

COMMONWEALTH OF MASSACHUSETTS

Hampden ss Probate Court
To EDMUND JAMES GLEASON of Agawam, formerly of Springfield, both in said County.

A petition has been presented to said Court by ANNETTE DELIA MARIE DESFORGES GLEASON praying for a modification of a decree of this Court dated May 11, 1955, as modified, all as more fully set forth in said petition.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the first day of September 1967, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twentieth day of July 1967.

JOHN J. LYONS, Register
Aug. 3, 10, 17

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